

Case Two



Secret Agent Assignment:
Central Grain
Intelligence
&
The National Protein
Agency

Plant vs. Animal **Proteins**

Use these clues to solve the mystery of proteins. Plant clues are **GREEN** circles and Animal clues are **BLUE** circles.

Does it
make a
sound?

Does it get
its energy
from the
sun?

Is it
planted in
the
ground?

Does get
its energy
from eating
plants?

Protein Tic Tac Toe

Color the picture **BLUE** if it is an animal protein and **GREEN** if it is a plant protein



Black Beans



Chicken



Almonds



Eggs



Steak



Peanut Butter

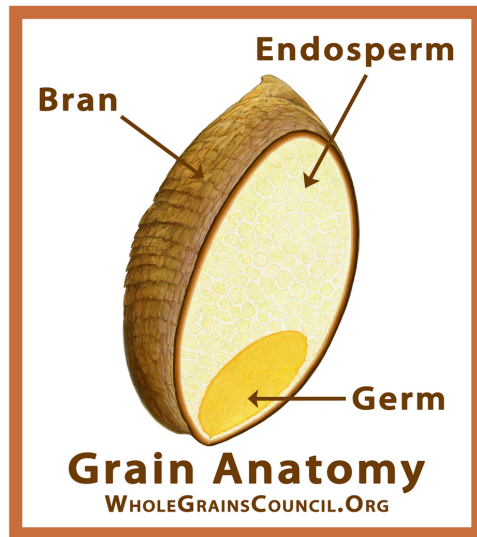


Tuna



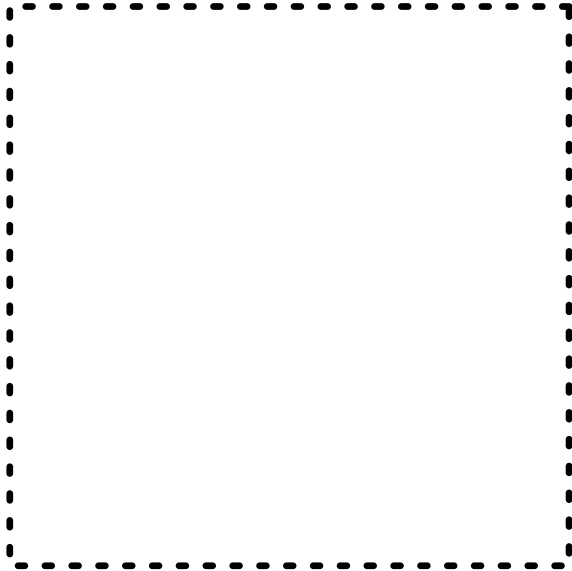
Tofu

The Different Layers of the Grain



Whole Grain=
Bran + Endosperm + Germ

My Fingerprint



Fingerprint Veggie Roll-Ups

Ingredients:

- 1 whole grain tortilla
- 2 tablespoons hummus or bean dip
- 1 1/2 tablespoons shredded carrots
- 1 tablespoon chopped bell pepper
- 1 1/2 tablespoons chopped broccoli

Switch It Up
make it your own by trying new veggies in your roll-up



Read the nutrition label
or look for the whole
grain stamp on packaging



Recipe Instructions:

1. Wash & dry all produce
2. Spread dip across tortilla
3. Chop broccoli and bell pepper into small bite size pieces
4. Sprinkle & squish down carrots, bell pepper, and broccoli over dip
5. Start rolling up the tortilla from one end, and squish down as you go, rolling as tightly as you can without tearing
6. Cut into individual rolls

*Makes
approximately
6 rolls

★ Tip ★

Be careful not to
over-fill your
tortilla or you
may have trouble
rolling

To keep learning about the mystery of mealtime, scan the QR code with a smart phone camera or visit the link below



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summernutritionclub](https://gleanersnutritionhub.org/summernutritionclub)